

# **FREE BITESIZE MODULES OF A UNIVERSITY DEGREE**

**Upskill without the commitment of a  
full degree. Study in the evening.**



## **COUNSELLING SKILLS AND COMMUNICATION & INTRODUCTION TO MENTAL HEALTH**

**Enhance Your Interpersonal Skills and Gain  
Insights into Mental Well-being**

## Unlock Your Potential with MAP

Discover the Modular Acceleration Programme (MAP) – a groundbreaking initiative offering free tuition for Higher Technical Qualifications (HTQs) at Levels 4 and 5. MAP provides a flexible and accessible pathway to gain valuable skills and qualifications in various occupational areas, empowering you to advance your career and achieve your goals.

**Gain essential skills and knowledge to effectively communicate, support, and understand mental health in healthcare settings. Apply now and take a significant step towards a rewarding career.**

## This is what you will study...

### **COUNSELLING SKILLS AND COMMUNICATION MODULE:**

- Develop communication and counselling skills for practice in the healthcare sector
- Align theoretical perspectives with practical applications
- Challenge your own awareness of current communication skills and barriers
- Explore digital technology for communication in healthcare settings
- Enhance reflective skills for personal development

### **INTRODUCTION TO MENTAL HEALTH MODULE:**

- Discuss concepts of normal and abnormal and explore models of abnormality
- Get introduced to classification systems like DSM and ICD
- Consider the aetiology of mental illnesses as proposed by psychological approaches
- Discuss historical treatments and their influence on contemporary approaches
- Explore the social model of mental health and the impact of societal factors

**YOU DO NOT need English or Maths qualifications**  
**YOU CAN have an existing degree in any subject**  
**THIS CAN be used as CPD or to obtain credits towards a degree**

**Apply Now and Take the First Step Towards  
Enhancing Your Career**  
**Email: [headmissions@grimsby.ac.uk](mailto:headmissions@grimsby.ac.uk)**  
**or call: 0800 315002**